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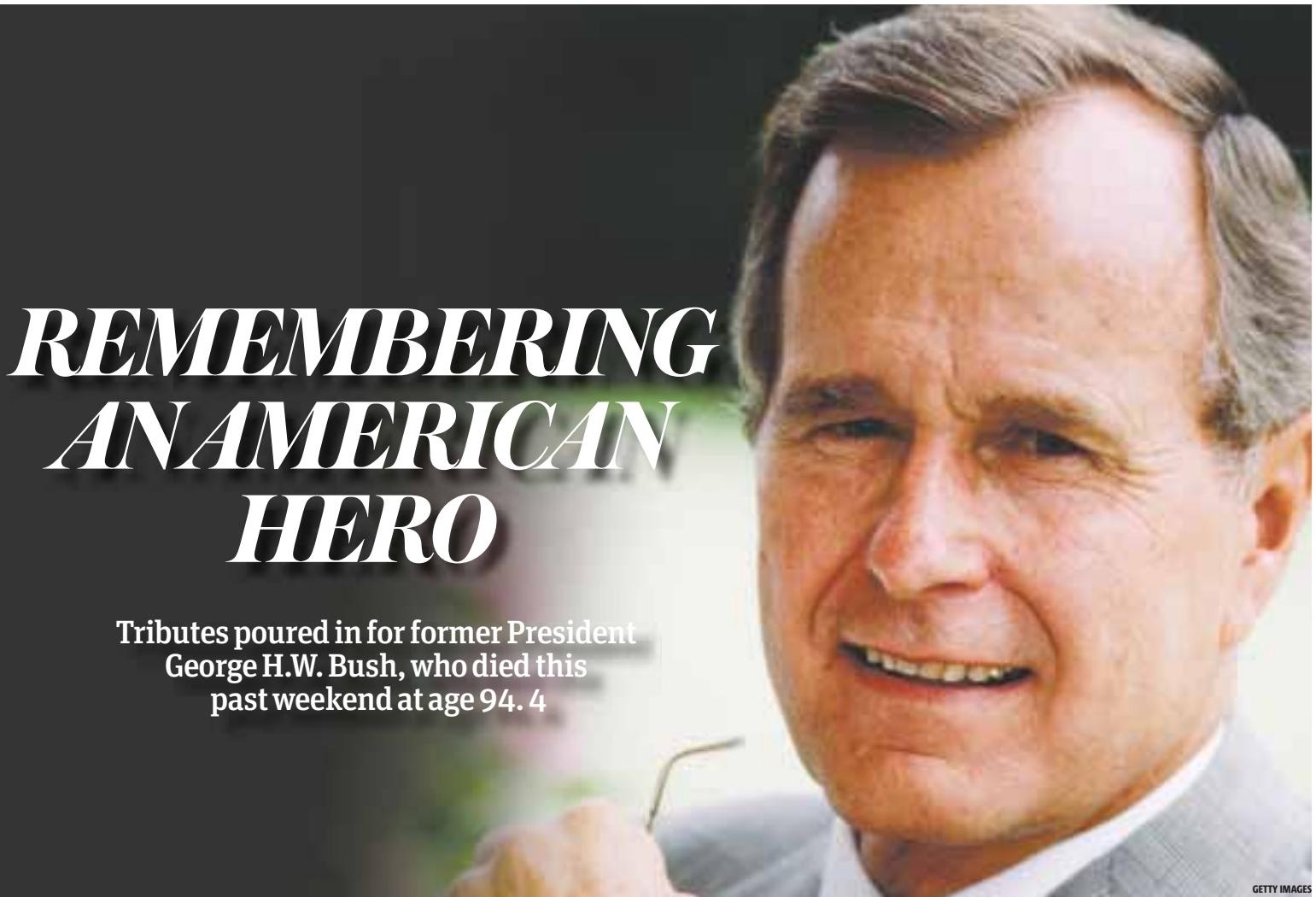
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## WHADDYA KNOW ABOUT CANO?

Breaking down the Mets' trade with Mariners for  
Robinson Cano, Edwin Diaz. 20

Commentator Marc Lamont Hill in  
hot water over Israel comments. 8-9

Michael Zegen talks 'Marvelous Mrs. Maisel'  
season 2. 15



Tributes poured in for former President  
George H.W. Bush, who died this  
past weekend at age 94. 4

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## THINGS TO KNOW



JOE PANTORNO, SPORTS EDITOR

The new general manager of the New York Mets, Brodie Van Wagenen, is shedding the status quo of the Queens-based MLB franchise as a dormant team on the market during the offseason. Over the weekend, the Mets agreed to a deal with the Seattle Mariners for veteran second baseman Robinson Cano and star closer Edwin Diaz. While on paper it's a steep price to pay, the deal indicates that Van Wagenen wants to win now and is not going to be shy about it. **For more, head to Page 20.**

## WELCOME TO METRO.US

## LEGALIZING MARIJUANA IN NY TO BE DISCUSSED

**L**A hearing to discuss the legalization of marijuana in New York will be held on Monday morning at Long Island's Babylon Town Hall. Members of the New York State Assembly plan to attend to discuss legalizing recreational use of the drug and gather input on how other states went about the process that is expected to be a challenge in regards to regulations and tax rules. "Creating a new industry is a complicated thing. We haven't done that in New York since the end of prohibition in 1933," Assembly Health Committee Chair

Richard Gottfried stated at the last hearing, held on Nov. 20 in Binghamton. He added, "How do we want to organize these businesses? There are a lot of issues to be dealt with." The hearings have been utilized to gain feedback from public leaders and residents who may have input and concerns. This week's upcoming hearing will be the fourth meeting held by the Assembly to discuss legalization. If the bill is passed, New York would become the 10th state to legalize smoking recreational marijuana for adults over the age of 21. **SARAH LUOMA**

## GOOGLE CEO HEARING IN HOUSE LIKELY POSTPONED

**2**The U.S. House Judiciary Committee will likely put off until next week a hearing with Google Chief Executive Sundar Pichai on the Alphabet Inc. unit's social media practices because of the state funeral of former President George H.W. Bush, Chairman Bob Goodlatte said on Sunday. Pichai had agreed to testify before the panel over Republi-

can concerns that the company is biased against conservatives after it skipped a high-profile Senate hearing. Google has denied it is biased toward conservatives. The hearing has been scheduled for Wednesday, the same day a state funeral will be held for Bush at the National Cathedral in Washington. Goodlatte said in an interview with Fox News' "Sunday Morning Futures" that he expected the hearing to be rescheduled for next week. "But we expect that to occur and it's very, very important that it does occur," he said. In addition to queries about possible political bias, lawmakers may also examine Google's potential investments in China. Google previously told U.S. lawmakers it was considering options to offer additional services in China, but declined to detail plans for addressing Chinese censorship.

## BROOKLYN, DE BLASIO CELEBRATE HANUKKAH

**3**Mayor Bill de Blasio helps celebrate Day 1 of Hanukkah by lighting the world's largest menorah on Sunday in the Park Slope neighborhood of Brooklyn, New York.



TWITTER / MAYOR BILL DE BLASIO

## NEXSTAR CLINCHES \$4.1B DEAL TO ACQUIRE TRIBUNE

**4**Nexstar Media Group Inc. has reached an agreement to acquire Tribune Media Co. for about \$4.1 billion, a deal which would make it the largest local U.S. TV station operator, people familiar with the matter said on Sunday. Nexstar's acquisition would come just three months after Tribune's \$3.9 billion deal to sell itself to Sinclair Broadcast Group Inc., currently the largest local TV station operator, collapsed over regulatory hurdles. Nexstar outbid private-equity firm Apollo Global Management LLC with an all-cash offer that values

## TRUMP 'LIKES' KIM AND WILL 'FULFILL WISHES'

Tribune at around \$46.50 per share, three sources said. Tribune shares ended trading on Friday at \$40.26. Nexstar, which has a market capitalization of \$3.8 billion, has lined up banks to provide debt financing for the deal, the sources added. The agreement between Nexstar and Tribune Media could be announced by Monday, according to the sources. The sources asked not to be identified because the matter is confidential. Tribune and Apollo declined to comment, while Nexstar and Sinclair did not immediately respond to requests for comment.

Donald Trump wants North Korean leader Kim Jong Un to know that he likes him and will fulfill his wishes, South Korea's President Moon Jae-in said on Sunday, a day after meeting the U.S. president at an economic summit in Argentina. Moon, who is hoping to host Kim soon on the first-ever trip to Seoul by a North Korean leader as agreed earlier this year, said Trump had asked him to pass on a message. "The message is that President Trump has very favorable views toward Chairman Kim and he likes him," Moon told reporters aboard a flight

## TONY'S METRO MAGIC 2018

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# What to do after you finish marathon training



## ASK ROTHMAN ORTHOPAEDICS:

*When it comes to your health, you only want the most qualified specialists weighing in. Metro has you covered, teaming up with the world-renowned experts at Rothman Orthopaedics to fill in the question marks.*

With the city still buzzing from the New York City marathon, most runners are taking some much-deserved time off. Metro caught up with Meghan E. Bishop, M.D., a Rothman Orthopaedics surgeon who specializes in sports-related injuries, to talk about post-race recovery.

### I just finished training for a big race. Now what?

First off, congratulations! Now it's time to develop your own personal recovery plan focusing on both short- and long-term needs. Take a few weeks off from strenuous exercise to let your mind and body rest longer if you have any nagging injuries that haven't resolved yet. Before you begin training for your next race, spend some time concentrating on good nutrition and sleep. You can also add some

other cross-training type activities into your routine, like biking, jumping on the elliptical, or attending exercise classes you enjoy.

### Why is this important?

Ultimately, the post-racing season is a time to recharge both mentally and physically. Taking appropriate rest, and being smart about returning to training, will help you get that much closer to achieving your big-picture running goals.

### What are some common mistakes you see runners make?

Make sure your shoes are updated! Runners should plan to get a new pair of running shoes every 400 to 500 miles. If the tread on the bottom is well worn, it's time for a new pair.

### What injuries should serious runners look out for?

At the start of a training cycle, soft tissue injuries, such as muscle strains and tendinitis, are common. Long-distance runners might also brush up against IT band syndrome or anterior knee pain, which is sometimes called runner's knee. It's important to maintain a good post-run stretching and strengthening regimen. Foam rolling can also be really helpful, especially for tight IT bands.

Other helpful activities include eccentric calf raises and anything that helps keep a strong core and hips. For those with anterior knee pain, quadriceps-strengthening exercises are important to implement, as well. Crunches, planks, squats, lunges and bird dogs all fit the bill.

### What if my symptoms don't improve?

For those who unfortunately continue with these types of injuries despite conservative measures, cortisone or platelet-rich plasma (PRP) injections may be helpful for knee pain or tendinitis. If all else fails, surgery may be appropriate for recalcitrant cases.

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## NEWS

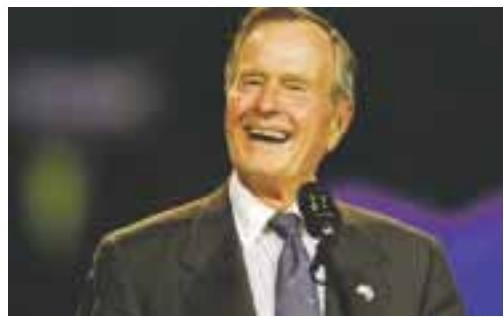
Bush died late Friday at the age of 94.

Tributes to former President George H.W. Bush, who died Friday at the age of 94, poured in from around the world on Saturday as global leaders honored him for his role in helping to end the Cold War and reduce the threat of nuclear annihilation.

Bush, the 41st U.S. president, who served in the office from 1989 to 1993, also routed President Saddam Hussein's Iraqi army in the 1991 Gulf War but lost his chance for a second term in the White House after breaking a no-new-taxes pledge.

"Many of my memories are linked to him," said Mikhail Gorbachev, the last leader of the Soviet Union, with whom Bush signed a strategic arms re-

# World remembers former President George H.W. Bush



duction treaty that scaled back the two countries' nuclear arsenals.

"We happened to work together in years of great changes. It was a dramatic time, demanding huge responsibility from everyone," Russia's Interfax news agency quoted Gorbachev as saying.

Bush, who also served for eight years as vice pres-

ident during Ronald Reagan's two-term presidency and earlier as head of the CIA, died on Friday night at his home in Houston. His death was announced by his longtime spokesman Jim McGrath.

Speaking in Buenos Aires, President Donald Trump called Bush "a high-quality man."

"He was a very fine

man. I met him on numerous occasions. He was just a high-quality man who truly loved his family," Trump told reporters at a G20 summit in Buenos Aires. "He was a terrific guy and he'll be missed. He led a full life, and a very exemplary life, too."

The White House said a state funeral will be held on Wednesday at the National Cathedral in Washington. Trump, who plans to attend the funeral with first lady Melania Trump, also designated Wednesday as a national day of mourning, and ordered the lowering of the American flag for 30 days.

Former presidents lauded Bush. "His administration was marked by grace, civility and social conscience," former President Jimmy Carter said. REUTERS

## Memorials for Bush set up at his Texas presidential library, throughout US



Flowers are left at the base of a statue of President George H.W. Bush on the campus of Texas A&M University outside the George H.W. Bush Presidential Library

Center on Saturday in College Station, Texas. Bush, who died last Friday, will be buried next to his wife Barbara at the library on Thursday.

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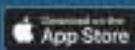
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# Comey drops challenge to House panel subpoena

The former FBI director is considered a key witness against Trump.

Former FBI Director James Comey on Sunday withdrew his bid to quash a congressional subpoena compelling him to testify in secret about the bureau's decisions on investigations ahead of the 2016 presidential election, his lawyer said.

Comey agreed to sit down for a closed-door deposition on Friday. Republicans on the U.S. House of Representatives Judiciary Committee pledged to provide Comey with a full transcript within 24 hours of his testimony, and he will be permitted to "make any or all of that transcript public," Comey's lawyer David Kelley told Reuters in a statement.

In addition, a representative from the FBI will attend to help advise Comey on what

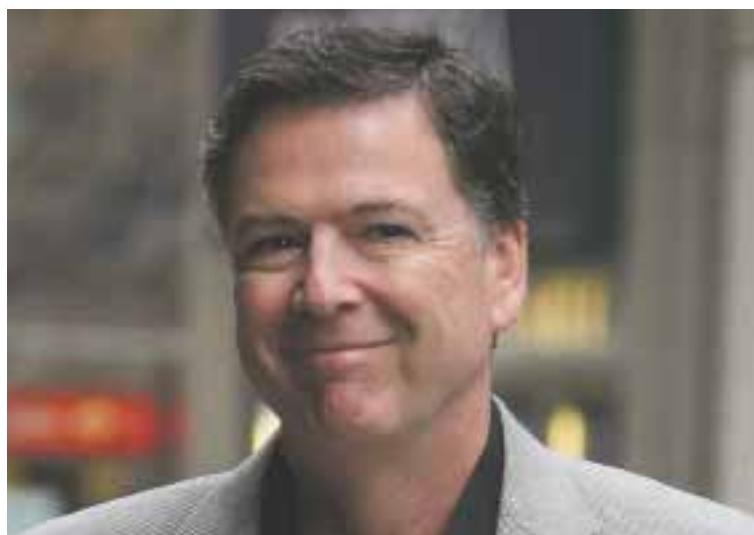
matters related to the bureau he may divulge.

Comey and the Republican lawmakers reached the new agreement the day before lawyers were to appear at a court hearing. Earlier on Sunday, committee chairman Bob Goodlatte said he expected Comey to drop the legal challenge.

A judge had been set to issue a ruling on Comey's request to quash the subpoena and halt congressional proceedings — a request that has never previously been granted by a judge in the United States.

At the heart of the case is whether the panel should be able to force Comey to testify in secret about the FBI's investigations into former Secretary of State Hillary Clinton's use of a private email server and whether President Donald Trump's campaign colluded with Russia.

The Republican-led inquiry has been lam-



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basted by Democrats as a partisan effort to undermine Special Counsel Robert Mueller's investigation into Russian interference in the 2016 U.S. election.

Moscow denies meddling and Trump denies campaign collusion, calling the Mueller investigation a political

"witch hunt."

Comey, who was fired by Trump in May 2017, is seen as an important witness into whether Trump tried to obstruct the special counsel's investigation.

Republicans have said the FBI is biased against Trump, pointing to Comey's decision

to publicly announce the FBI would not bring charges against Clinton.

They have also claimed that the FBI made missteps when it applied for a warrant to place former Trump campaign adviser Carter Page under surveillance.

A Justice Department inspector general

report earlier this year criticized Comey for his handling of the Clinton matter, but said he did not exhibit political bias.

Kelley argued in court on Friday that Republicans are violating U.S. House rules by not holding a public hearing where all committee members can ask questions.

Kelley accused lawmakers of pushing for a closed hearing so they can selectively leak portions of Comey's testimony to undermine Mueller's investigation into Russian interference in the election.

But Thomas Hungar, a lawyer for the U.S. House of Representatives, said a 1975 Supreme Court case known as *Eastland v. U.S. Servicemen's Fund* made it clear that the Speech or Debate Clause in the U.S. Constitution provides for complete immunity for the issuance of such subpoenas.

REUTERS



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 Mount  
Sinai

## Marc Lamont Hill fired by CNN after UN speech on Palestine

National activists rally to support the Philly native after losing his job as a commentator for CNN following a controversial speech in favor of Palestinian rights.



SAM NEWHOUSE  
[sam.newhouse@metro.us](mailto:sam.newhouse@metro.us)

Philly native and Temple professor Marc Lamont Hill just celebrated the one-year anniversary of the opening of Uncle Bobbies' Books and Coffee on Nov. 27, the Germantown coffee shop and bookstore that is a tribute to black-owned bookstores he frequented during his youth and to his inspiring, educational relationship with his late Uncle Bobbie Lee Hill.

But Hill is making national news not for his business thriving as a community hub serving up great coffee, but for being fired from his long-held position as a CNN commentator after he gave a passionate speech in defense of Palestinian rights at the United Nations, which has also received criticism from domestic Jewish groups

like the Anti-Defamation League and the National Council of Young Israel, who called the speech anti-Semitic. (His apology over the speech was published in an Inquirer op-ed.)

Particular ire was sparked by Hill's closing line, for the wording of which he later apologized: "We have an opportunity to not just offer solidarity in words, but to commit to political action, grassroots action, local action and international action which will give us what justice requires, and that is a free Palestine, from the river to the sea."

The phrase "from the river to the sea" has been used as a slogan by militant Palestinian groups like Hamas and the PLO, and understood by some to mean an eradication of the ever-controversial state of Israel, founded in 1948. Hill took to Twitter to deny the accusations against him, calling accusations that he had called for the destruction of Israel "absurd."

"River to the sea is a phrase that precedes Hamas by more than 50 years," he tweeted. "I was talking about full citizenship rights IN Israel and a redrawing of the pre-1967 borders. ... I concluded my remarks with



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**"Rather than hearing a political solution, many heard a dog-whistle that conjured a long and deep history of violence against Jewish people. ... For that, I am deeply sorry."**

Marc Lamont Hill, in a Philly.com op-ed

a call to free Palestine from river to sea. This means that all areas of historic Palestine — e.g., West Bank, Gaza, Israel — must be spaces of freedom, safety, and peace for Palestinians."

On Nov. 29, a CNN representative confirmed that the network had ended its contract with Hill. They did not specify a reason or aspect of Hill's speech which led to their decision.

In an op-ed published Dec. 1 on Philly.com, Hill denied any anti-Semitic intentions, but apologized for any offense his words had caused: "Rather than hearing a political solution, many heard a dog-whistle that conjured a long and deep history of violence against Jewish people. Although this was the furthest thing from my intent, those particular words clearly caused confusion, anger, fear, and other forms of harm. For that, I am deeply sorry."

In general, Hill's speech, given at the United Nations' Committee on the Exercise of the Inalienable Rights of the Palestinian People during the International Day of Solidarity with the Palestinian People, was heavily critical of Israel's policies, its treatment of Palestinians, and the circumstances of its founding. Hill drew parallels between the 70th anniversary of the U.N.'s founding with a "Universal Declaration of Human Rights" and the 70th an-

## BRIEF

### NFL never spoke to Hunt, alleged victim: Report

The NFL did not interview running back Kareem Hunt nor the woman he allegedly assaulted when it investigated an offseason incident at a hotel in Cleveland, according to an ESPN report.

The Kansas City Chiefs released Hunt shortly after the league announced he had been placed on the Commissioner's Exempt list following the release of surveillance video of the incident.

Multiple outlets reported

that the Chiefs sent Hunt home from the facility on Friday after learning the video had been released. Additional reports indicate the NFL and Chiefs have been aware of the existence of the video, but it is not known whether the league or team viewed the footage. However, the league released a statement Friday evening in which it called the video "new information."

According to the ESPN report, the league never sought an interview with Hunt after multiple witnesses said he was not

involved in the February incident. The league reportedly did reach out to the woman on multiple occasions, but was rebuffed.

The incident occurred at The Metropolitan at 3:22 a.m. on Feb. 10, and involved then-19-year-old Abigail Ottinger from Berea, Ohio.

In the video, originally posted on TMZ, Hunt appears to come around a corner outside his rented room to confront Ottinger with a hard shove. The woman hits him in the face and Hunt becomes enraged. REUTERS



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# Cops find couple who lost engagement ring down subway grate

After 20,000 retweets of the video, the lovebirds were found back at home in the U.K.

New York City police on Sunday located a tourist couple whose unlucky marriage proposal went viral after their engagement ring fell down a Times Square subway grate.

A video of the incident shared on Twitter by the New York City Police Department on Saturday collected more than 20,000 retweets, made headlines and managed to reach the newly engaged pair, who had returned to the United Kingdom.

"The [now] happy couple is back in their home country, but thanks to your retweets



they heard we were looking for them!" the NYPD wrote on Twitter on Sunday. "We're making arrangements to get them their ring back. Congratulations!"

The video captured by security cameras showed the distressed couple trying, unsuccessfully, to retrieve the ring.

NYPD officers managed to recover and clean the piece of jew-

elry, but could not find the couple so made the appeal on social media.

"Thank you, Twitter. Case closed! Love, John, Daniella, and the NYPD," the department tweeted on Sunday, along with a photo of the smiling couple.

More than 350,000 people visit Times Square in Midtown Manhattan, known as "The Crossroads of the World," every day. REUTERS



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Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

**This treatment is called:**

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

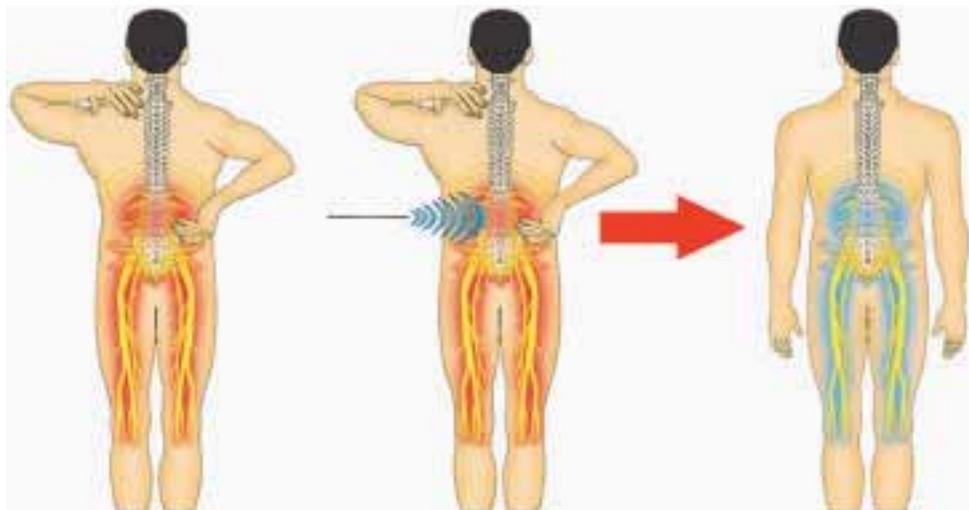
Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

**Two steps in the formula are performed.** First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

*You see, the real secret is the formula.* And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

**And the best part about this screening is... It's FREE**



## FREE screening available for powerful back pain treatment

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### But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

**You should also know this:** While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone.

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

### How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: [painmdny.com/back-pain](http://painmdny.com/back-pain)

# City Council to host three hearings about Amazon HQ2

New York City Council will question city officials and Amazon executives about the deal that brought the tech giant to Long Island City and what its impact will be.

KRISTIN TOUSSAINT

New York City Council Speaker Corey Johnson still has a lot of questions about what exactly will happen when Amazon HQ2 comes to Queens, and in a search for answers, the Council will host three hearings about the closed-door deal that lured the tech giant here.

At the New York City Council Amazon hearings, council members will question city officials and Amazon executives about the negotiations made in the bid for HQ2.

Deputy Mayor Alicia Glen, Economic Development Corp. President James Patchett and Amazon executives have been invited to the hearings, Johnson's office told the Wall Street Journal.

Plenty of city and state officials have praised the idea of Amazon HQ2, including Mayor Bill de Blasio and Gov. Andrew Cuomo, who called Amazon in Queens the "largest economic development initiative that has ever been done by the city or the state, or the city and the state together."

But not everyone is excited. Johnson has been more critical of the deal, particularly regarding how the Council and the public were excluded, and why such a rich company is getting so many incentives.

"Amazon is one of the richest companies in the world, but you can't put a price on community input, which has been missing throughout this entire process," he said in a statement on Nov. 13, the day it was officially announced that Amazon HQ2 was coming to Queens.

There will be three hearings in total, with the first oversight hearing scheduled for Wednesday, Dec. 12, at City Hall. That hearing, through the Economic Development Committee, will look at the specifics of the Amazon HQ2 site in Queens and how the deal between the company and the city played out.

*For more, go to metro.us.*



Long Island City, Queens. ISTOCK



## Number of missing in California's deadliest wildfire drops to 25

The number of people listed as missing after California's deadliest wildfire has dropped again, to 25, down from a high of more than 1,200 about two weeks ago, officials said.

The death toll from the Camp Fire that all but obliterated the mountain-town community of Paradise in northern California stood unchanged at 88, the Butte County Sheriff's Department said late on Saturday in a statement.

On Friday, the department had said 49 were missing.

The roster of those unaccounted for has fluctuated widely since the fire erupted on Nov. 8 and swept through Paradise, a town once home to almost 27,000 people about 175 miles north of San Francisco.

Rebuilding Paradise after it was leveled by fire three weeks ago will pose a new massive challenge to the devastated mountain community — starting with complicated insurance claims for nearly 14,000 lost homes.

At least 88 people were killed in the Camp Fire, making the wildfire the deadliest in state history. Law enforcement officials say the search for remains in the ash and rubble has officially ended.

Some of those who escaped the flames only to find themselves homeless are expected to be allowed to return to inspect their properties as early as next week. Many will find themselves essentially starting over, facing months or even years of rebuilding and seeking compensation for their losses.

Christopher Gregg, whose home in Paradise was a total loss, said he's not getting answers to the question of when he will be compensated by his insurance company.

"They say, 'We'll let you know as soon as we can.' Well, when can we get back on our feet, is my question," he said.

REUTERS

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# One in five New York City students with disabilities don't get needed services: Report

While more students with disabilities overall are receiving required services, a gap remains throughout NYC.



ANNA HARSTEDT  
letters@metro.us

A recent report from New York State Education (NYSE) revealed that one-fifth of the approximate 200,000 kids with disabilities in New York City didn't get tutoring, therapy or other help required by city law during the 2017-2018 school year.

According to the report, 73 percent of students were described as "fully receiving" the classroom services they needed in the last school year — a significant increase from the year before, when just 59 percent of students were reported to have

done so.

Despite that improvement, more than 37,000 students only partially received their services last year or did not get them at all.

Federal law requires that all students with disabilities have a right to a free appropriate public education. However, about 40,000-plus students are receiving partial or no services, such as speech therapy or counseling," Barbara Glassman, executive director of INCLUDEnyc, a nonprofit offering educational resources to young people with disabilities, told Metro.

"Without services, students with disabilities lag behind their peers academically, and about half of the students with disabilities in NYC public schools do not graduate," she added.

Lori Podvesker, a mother of a disabled child and senior manager of disabil-



ity and education policy at INCLUDEnyc, is not happy with how her son has been treated at his NYC school.

in general education," Podvesker told Metro.

Podvesker explained that even when students are fully receiving services, some schools still can't implement them as intended.

"A physical therapy session, for example, might require an adaptive gym and equipment. Schools typically don't have those resources," Podvesker said.

In a statement, NYC Schools Chancellor Richard Carranza said that a major focus area for them is to meet the needs of students with disabilities.

"All students deserve to learn at the highest level and we'll continue to invest in serving all our students with disabilities," Carranza said.

Former Schools Chancellor Carmen Farina explained in a statement that the NYC Department of Education has made major investments to meet the individual needs of students with disabilities, in-

cluding hiring more staff, opening new programs and expanding partnerships with providers, but that it takes time to see the improvements.

"We are building on this work and improving our data-tracking capabilities to ensure we deliver for students and families," Farina said.

Podvesker believes that all students should ideally receive all of their services from the very beginning of the school year.

In the meantime, she suggests that NYC could set up service centers in each borough. She explains that in after-school settings, students could receive services, like physical, speech and occupational therapies that they have not received during the school day.

"There is a direct relationship between receiving services and academic performance," Podvesker said.

**"Students with disabilities lag behind their peers academically, and about half of the students with disabilities in NYC public schools do not graduate."**

Barbara Glassman,  
executive director of INCLUDEnyc

ity and education policy at INCLUDEnyc, is not happy with how her son has been treated at his NYC school.

"As a special education student, my son does not receive the same quality of education as his peers



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*Pat King  
Grumble Editor*

#### READER WRITE-INS:

**SHOVEL YOUR OWN SPOT!**  
Allow me to get my fellow outer-borough shoveler who clear their cars after snow before the winter arrives: If you didn't shovel out the car and curb area, do not park in a space you didn't "earn."

This is mostly a Staten Island issue, where homeowners generally park in front of their homes. I know, we don't own the street, but it is understood, much like ferry riders who skip seats so your fellow commuters can keep their coffee and bags off the floor.

Such idiosyncrasies must be adhered to lest you risk a dirty

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look or worse (I've seen cars with flats after the snow...hmmm). What, you interloper drivers think I plowed out for the good of

humanity? No, one Herculean effort is enough for me! Anyway, what are you doing in some stranger's

neighborhood? Stay home in the snow.

— Steve Scalici, Faithful Metro New York reader

**VENT TO US!  
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#### KINDNESS ON THE SUBWAY

Today there was an older man who was probably in his early 70s, who was very well-dressed and obviously on his way home from work, getting on the subway. He wanted to get a seat and he tried to take a step over a person's feet as the train started moving and he took a really bad fall on the person he was trying to step over. Rather than get really angry and shove the guy off, which is a thing most people would have done, the man who was being fallen on top of held the guy up and made sure he didn't fall onto the ground and sat him up on his seat and made sure he was okay.

The older man who fell thanked him and apologized and made sure the guy was okay. Instead of being like "Nah, I'm good" and putting his headphones back in, the younger man was like "No, stop apologizing! I just wanted to make sure that you're okay." He was very nice and humble about it. When the old man left the train he grabbed the young man by the shoulder and thanked him again. The young man went to give him a fist bump and the older man didn't really know what to do so denied him the fist bump!

— Anonymous, Metro New York reader

Please remember to send your Humbles to [humble@metro.us](mailto:humble@metro.us). These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

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**Aries** If you are intent on making a change, focus on self-improvement instead of trying to alter someone else. Don't neglect your responsibilities or you will face criticism.



**Taurus** Share your thoughts and make plans or arrangements to visit or talk to an older relative who would appreciate the gesture. A kind action will get you in the festive spirit.



**Gemini** Don't leave anything to chance. If you trust in someone, you'd better be sure that he or she doesn't have ulterior motives. Moderation will be in your best interest.



**Cancer** You'll find the perfect way to update your image or a special outfit for a festive event. Romance is on the rise and can lead to a closer bond with a loved one.



**Leo** Keep life simple. You may feel like getting into the spirit of the season, but putting your health first will help you avoid a bug that's spreading through your community.



**Virgo** You'll do best if you are out and about. Shopping, attending business functions or making changes to your legal or financial papers will help you avoid domestic problems.



**Libra** Taking a short trip or making plans to travel during the holiday season will lift your spirits. The information you are offered will open your eyes to a situation you are facing at home.



**Scorpio** The personal changes you put into play will be well-received. Whether it's adopting a new look, decorating your home or doing something for an old friend or relative, it will be gratifying.



**Sagittarius** Take care of responsibilities and get ahead. The time you put in now will pay off when you want to spend time with friends and family as the year comes to a close.



**Capricorn** Take a wait-and-see approach when dealing with anyone who tends to be unpredictable. A practical attitude will help you deal with any uncertainty that comes your way.



**Aquarius** Look at and make changes to personal documents that may be time-sensitive. Taking care of business before you move on to more pleasurable activities will ease stress.



**Pisces** A little nurturing will go a long way. Make a promise to someone special, and don't renege. Aim to end the year on a high note and in better financial shape. *EUGENIA LAST*

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The actor talks about playing Joel, the closest thing to an antagonist the hit show has.

 ANDREW HUSBAND  
letters@metro.us

The events of "The Marvelous Mrs. Maisel," season one, are set into motion when Joel Maisel (Michael Zegen), a businessman and would-be stand-up comedian, leaves his wife Miriam (Midge) (Rachel Brosnahan) and their two children for his secretary. As a result, his personal and professional life spirals out of control, while Midge's blossoms. She moves in with her parents, gets a day job and becomes one of New York's most-talked-about comics.

It's easy to see Midge's

# Michael Zegen seeks redemption in 'The Marvelous Mrs. Maisel' season 2

success as the ultimate revenge against Joel, whose character is the closest "The Marvelous Mrs. Maisel" ever really gets to having an antagonist. As Zegen tells Metro, however, Joel was never meant to be a simple foil for Midge's triumphs. On the contrary, he's a flawed human being who makes mistakes, learns from most of them and tries to make things right — albeit from his limited perspective.

"You'll be seeing a different side of Joel this season. You'll see a more human side of him," he says. "In the first season, he's really the antagonist. I mean, there's not really an antagonist, but he kind of takes that position in most people's minds. But I think he's less of an antagonist in the second season, and more of somebody who's kind of rooting for Midge to succeed. That ends up being



Fans will see a different side of Joel this season. AMAZON STUDIOS

a kind of redemption for him."

And there's the rub, for despite what Joel did to Miriam and their two children, he's one of the first people to recognize how great she is on stage. He quickly realizes what

she's capable of, and even though it remains a thorn between them, he knows she should keep doing it. After all, by the end of the first season, he's one of the only people who knows what she gets up to at night.

"Joel is one of the few people who knows what she's been up to," he says. "And what she's been doing is beginning to have a ripple effect now, especially on him. Obviously, more people are going to eventually discover what she's been up to later this season or next, but for now, he's the one."

He's also the one who, despite what audiences may have felt was their better judgment, many have come to sympathize with. Midge remains front and center throughout season two, but that doesn't mean that showrunner Amy Sherman-Palladino and Dan Palladino weren't going to give everyone else their due. This even includes Joel.

"It was always our intention that Joel was going to be the love of her life then, now and probably always," says Sherman-Palladino. "Unfortunately, for some

things, the timing is off. Maybe you run into that person at the wrong time or your lives take you in different directions. But you understand what the relationship is and you don't blame Midge for falling in love with him in the first place."

"The initial reaction makes sense," adds Zegen. "I think it hits a nerve with a lot of people, perhaps because they've been wronged, cheated on or something like that. Hopefully, however, I'm playing it as real as possible, because getting that sort of a reaction from those who watch the show is not necessarily a bad thing. If somebody is feeling something because of my performance, then that's what you want as an actor."

*"The Marvelous Mrs. Maisel"* season two premieres Wednesday on Amazon Prime.

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# A window into the holidays

As you shop for gifts, take time to check out these spectacular store displays. **EVA KIS**



## Henri Bendel

This is the last holiday season for Henri Bendel before the brand's New York flagship closes, and it's ending with a tribute to the city that made it famous. The holiday window by Izak Zenou stunningly re-creates the New York skyline in Bendel's iconic colors of brown and white, with the cityscape extending inside the store's mezzanine. Don't miss the 20-foot striped Christmas tree made of 400 gift boxes.



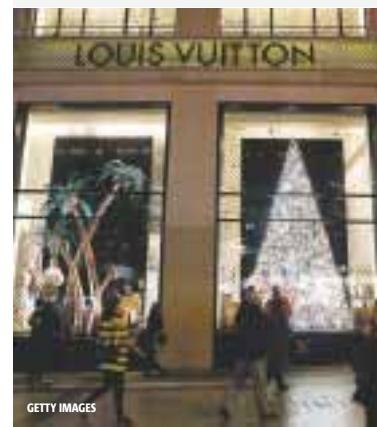
## Tiffany & Co.

The jeweler's 2018 holiday windows pay tribute to former artistic director Gene Moore with the adventures of a chrome human figure, crafting a series of 1960s-style scenes with retro-future touches. Think mixtapes and "Lost in Space," all rendered in fluorescent pops and that classic Tiffany blue.



## Louis Vuitton

The iconic maker of handbags and travel accessories wants you to see how the whole world celebrates Christmas. For 2018, Louis Vuitton tells the stories of all the many kinds of trees countries around the world dress up during the holiday season, from the Joshua tree to Bonsai and cacti, decorated in their own traditional ornaments like Japan's Lucky Cat.



## Macy's

The intergalactic-themed Christmas windows at Macy's introduce the store's new holiday hero, Sunny the Snowpal, who also had her own balloon at the Macy's Thanksgiving Parade. The six windows' theme is "Believe in the Wonder Of Giving," and they tell a story of adventure and teamwork to save Christmas with an interactive video game and animated LED backdrops. Inside, as always, you'll find the magical SantaLand — but only by appointment.



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**Bergdorf Goodman**

Got a sweet tooth? So do the designers at Bergdorf Goodman, who have devoted their holiday windows to all the treats of the Christmas season, putting them in iconic scenes like an old-school soda shoppe, a French royal court made of cotton candy, a neon disco candy emporium and cuckoo clocks made of gingerbread.

**Saks Fifth Avenue**

The can't-miss holiday display in Midtown is Saks Fifth Avenue, with its castle made of lights and frequent musical recitals taking over its entire storefront across from the Rockefeller Center Christmas tree. The 2018 holiday windows invite visitors to step inside the Theater of Dreams with over 100 digitally animated Broadway dancers performing in six vignettes, created in partnership with Broadway Cares/Equity Fights AIDS.

**Bloomingdale's**

Christmas is in trouble at Bloomingdale's! The 2018 holiday windows are themed after the new film "Dr. Seuss: The Grinch," and tell his story of going "from holiday hater to merrymaker!" Put yourself into the scene at a special selfie window, sing a tune at a karaoke machine in another window, and take a peek into the celebrations in Whoville with a Christmas tree so large, it breaks through into the real world!

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# Giants hold off collapse, upset Bears

Big Blue blows 10-point lead in final minutes before an OT win.



JOE PANTORNO  
joseph.pantorno@metro.us

The New York Giants didn't make it easy, but a defensive stop following an Aldrick Rosas field goal clinched a 30-27 overtime victory over the NFC North-leading Chicago Bears on Sunday afternoon.

It should have never gotten that far.

Led by backup quarterback Chase Daniel, the Bears overturned a 10-point deficit in the final two minutes to force overtime.

After the Giants took a 27-17 lead with 1:53 to go, the Bears stormed down the field for a field goal before recovering an onside kick that Giants receiver Odell Beckham shied away from.

They tied the game up as time expired on the "Chicago Special" as Tarik Cohen took a hand-off on the one-yard line and passed to a diving Anthony Miller for the score.

It was a lapse from a Giants defense that stepped up for most of Week 13, forcing three Bears turnovers.

Alec Ogletree picked off Bears backup quarterback Chase Daniel twice before a late Taylor Gabriel fumble forced by BW Webb was recovered



Alec Ogletree (No. 52) picked Chase Daniel off twice on Sunday to help lift the Giants to an unlikely win. GETTY IMAGES

by Sean Chandler with 2:19 left while up a touchdown.

The recovered fumble on Chicago's 13-yard line resulted in a 37-yard field goal inside two minutes to make it a two-possession game.

It was the Giants defense that jolted the game to life within the first minute. Ogletree recorded his second pick-six in three weeks, intercepting a short pass from

Daniel on the eight-yard line and returning it for the opening score.

The Bears responded with a 14-point run, which was capped off by a big-man touchdown when defensive lineman Akiem Hicks punched home a one-yard rushing score late in the second quarter as the visitors were dominating.

Out of nothing, though, Barkley helped cut the Giants' deficit

to four when he took a draw play on 3rd-and-23 and weaved his way to a 22-yard gain with 17 seconds left. It helped set up Aldrick Rosas' 57-yard field goal as the half expired.

That momentum carried into the second half, when the Giants reeled off two straight touchdowns of their own.

Some trickery restored a Giants lead. On a reverse, Beckham launched a 49-yard touchdown pass to Russell Shepard on the opening possession. It was Beckham's second touchdown pass on as many attempts this season.

Beckham was on the other side of a score with 3:58 left in the third when he reeled in Manning's 4th-and-goal prayer from the one-yard line. Under pressure and rolling out, the veteran quarterback simply lofted one up in the middle of the end zone, where his receiver was all alone.



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Have you ever been diagnosed with dengue, Zika, or chikungunya virus?

Researchers at The Rockefeller University conducting a study to learn more about the immune systems of people previously infected with dengue, Zika or chikungunya virus.



### You may be eligible if you:

- > Had a prior diagnosis of dengue, Zika, or chikungunya virus
- > Do not have a diagnosis of HIV or Hepatitis B or C

### Participation includes:

- > Receipt of this year's flu vaccine (even if you have already received it)
- > 4 outpatient visits over the course of 3 weeks
- > Blood work

Compensation is provided.

To learn more, contact our Recruitment Office at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

## COLUMBIA UNIVERSITY MEDICAL CENTER

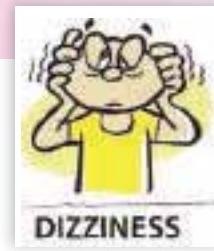
### The Department of Otolaryngology—Head & Neck Surgery

If you or someone you know has recently experienced a **Sudden Onset of Severe Vertigo** (Acute Unilateral Vestibulopathy) within the past 72 hours and are between the ages of 18-74, you or they may qualify to receive study investigational drug SENS-111.

**SENS-111 is a new highly selective investigational drug that is being tested to prove that it will improve symptoms of AUV without preventing long term recovery.**

**SENS-111 is an investigational drug that is not available as a treatment in any country.**

- 6 study visits will occur over a one-month period and study investigational drug will be provided over 4 consecutive days at no cost.
- All study-related assessments performed by licensed physician.
- Reimbursement for travel will be provided.



**For More Information,  
Call or Email Us at:**

**Phone: 212-305-2298  
Email: jc4353@cumc.columbia.edu**

## \*\*\*Important Knee Arthritis Pain Alert\*\*\*

# “Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 3 out of 4 Worst Cases At Least 7.3 Years...”

**Free Screenings\* Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. \*Spots Are Limited Due To High Demand**

**NYC - What would it be worth to you if... in just 60 minutes... you could finally discover a way to get relief for your knee arthritis pain?**

And...

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And...

**Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?**

A life where...

...you jump out of bed in the morning, well rested and ready to take on the new day, without pain...

...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning...

...you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again...

...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain...

Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us...

*...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is...*

I know you may find this hard to believe. Just about every one does when we tell them about this... at first.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

### **Do You Have An Open Mind?**

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

### **Because There Is Proof Real medical proof.**

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it..

And he wanted to prove... beyond a shadow of a doubt... the results he got .. were not only REAL.. they could most likely work for others just like you.

So he conducted some research, an 11 year project, and was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

### **What were his results and what do they mean for your pain?**

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

### **This is incredible news for you... and here's is why...**

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So.. these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

**And it gets better.** The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

**Bottom line:** This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

### **What IS This Treatment And How Can You Find Out If It Can Help You?**

As studied as this treatment is.... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

OK... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment." Or "joint oil".

In this treatment, a gel is painlessly injected directly into your arthritic joint . This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move much better.

**But here is something you must know:** In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments

are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

### **We have the best... but we also make treatments VERY affordable**

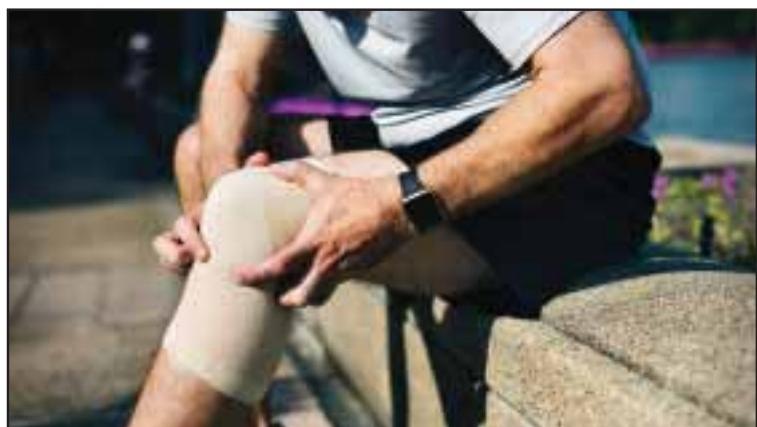
Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

### **Your Special Invitation...**

If you have knee arthritis pain... and are even



**Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE**

just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

### **Please understand this:**

This treatment can possibly take away your pain...

**No matter how long you've been suffering,** It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case... but in the end... you can still get tremendous results ...

**No matter how bad or helpless you THINK your case is.** Many of our patients thought their case was hopeless , too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment... the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief... and, best of all... there is *always* hope.

### **You Get To See If You Qualify For FREE**

That's right. We want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

**So my big question for you is** – is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain... just about every day.

They were in so much pain... they were grumpy and miserable all the time. They hated work. Their relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening... all that's changed...

Work and family have become rewarding

and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you... right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

Whatever YOUR personal hopes and dreams are... They are all possible if you take action... right now.

All you have to do is give this a chance and schedule for the screening . But then again...

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work... or... it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be...

### **It Will Just Get Better All By Itself!**

Fact is... it may only get worse.

### **Here Is How To Get Your Free Screening...**

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way . We don't ever do that . You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**



**877 380 8537**

# Breaking down Mets deal for Cano, Diaz

The Mets agreed to terms on the first big trade of the offseason over the weekend.

 JOE PANTORNO  
joseph.pantorno@metro.us

Brodie Van Wagenen has made his first big splash as New York Mets general manager, agreeing to terms to acquire veteran second baseman Robinson Cano and star closer Edwin Diaz from the Seattle Mariners on Saturday night.

The Mariners will also be sending \$20 million of the remaining \$120 million owed to Cano over the next five seasons.

In return, the Mets have sent veteran outfielder Jay Bruce, reliever Anthony Swarzak along with prospects Jarred Kelenic, Germon Bautista and Justin



The Mets agreed to trade five players to Seattle for Edwin Diaz (left) and Robinson Cano (right) on Saturday. GETTY IMAGES

Dunn to the Mariners.

New York was able to unload the remainder of Bruce and Swarzak's contracts, the two combining to make \$34 million over the next two years (Swarzak will be a free agent after the 2019

season). Subtract that figure from the \$20 million received from the Mariners and the Mets will pay Cano \$63 million over the remainder of his contract.

Cano will be entering his 15th MLB season

under plenty of controversy. The 36-year-old is fresh off a 2018 season in which he was suspended 80 games for violating Major League Baseball's drug policy. Upon his return, he batted .303 with 10 home

runs and 50 RBI.

Regardless, he is one of the best-hitting second basemen in the game, a reputation he built over nine years with the New York Yankees before signing with the Mariners in 2014. A career .304 hitter, Cano has had 22 home runs and 88 RBI per season since 2005.

Cano will immediately be projected as the Mets' starting second baseman in 2019 while Jeff McNeil, whom the Mets managed to save from being sent to Seattle, will likely move to third base.

In order for the rebuilding Mariners to shed Cano's big contract, they had to attach Diaz to the deal. The 24-year-old righty has become one of the best closers in the game, which obviously fills a huge void within the Mets roster as an offseason priority was building up the bullpen.

Diaz led the majors with 57 saves in just his third MLB season last year, with a 1.96 ERA in 73.1 innings pitched.

It's a steep price for Van Wagenen and the Mets to pay, though, considering both Kelenic and Dunn were top-five prospects in the organization's farm system. The move suggests that the general manager will hold true to his word upon being introduced earlier this offseason as he is in a win-now mode. Both Cano and Diaz will immediately be able to contribute to the cause while Kelenic and Dunn are years away from making the jump to the majors.

In said win-now mode, this could only be the tip of the iceberg for Van Wagenen's first offseason with the Mets, as they could be one of the more aggressive teams heading into winter meetings.

## Is Finding The Best Treatment For Your Knee Arthritis Pain Worth 30 Seconds To You?

What if... there was a way to finally get straight answers about the most cutting-edge medical treatments for knee arthritis available today...

Answers from REAL MEDICAL DOCTORS who are experts in this field...

Doctors that have already treated THOUSANDS of knee arthritis sufferers...

Doctors who will tell you exactly what your best options are and what can realistically be expected... without making huge (and false) claims... just to sell a product or service... and then deliver junk that does little or nothing for your pain? Well... now you can.

Here is how...

NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

### How To Get Your Information Kit...

All you have to do is go to [painmdny.com/knee](http://painmdny.com/knee) and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. *It is 100% free with no further obligation.*

If you are interested in the screening... awesome. If not, that's ok... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world or science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here [painmdny.com/knee](http://painmdny.com/knee) and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

Hookups = SQUIRT.org

Visit [www.squirt.org](http://www.squirt.org) to hook up today!

## ASTHMA Study

### Living with Asthma?

CHEAR Center is conducting a Clinical Research Study for Volunteers with Asthma

#### Qualified Volunteers must:

- Be at least 18 years old
- Be a non-smoker or quit over 1 year ago

#### QUALIFIED PARTICIPANTS:

- May receive compensation for time and travel
- Will receive study related medications and examinations at no cost

If interested please call us at:

**917-733-5440**

## Do you have hearing loss? Are you feeling depressed?



We are seeking research participants to help us understand the relationships between Depression and Hearing Loss

If you are 60 years or older, you could participate in a research study that provides:

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- Hearing aids
- Depression treatment
- Travel compensation

If interested, please call the Late Life and Depression Clinic **646-774-8672**

This study is being conducted at NYSPI/ Columbia University Medical Center

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## Are you HIV+ and experiencing discomfort related to Peripheral Neuropathy?

#### You May Be ELIGIBLE To Participate If You Are:

- HIV+/AIDS
- Experiencing pain, numbness, aching, burning, or "pins and needles" sensation in the lower legs and/or feet for 2 months or greater
- 18 years of age or older

The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of \$220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

For More Information  
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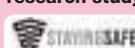
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48th St. W. **212-247-8899**

11am to 8pm (21hrs)

89th St. E. **212-369-4345**

24 hours



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7/16/2018- 4/28/2019

## Research Opportunity for Healthy Volunteers

#### Who is able to participate?

Males and females ages 40-80  
Healthy participants (no significant disease;  
not taking any significant medications)

#### Participation in the study involves:

Taking cognitive tests  
Taking an fMRI (functional magnetic resonance imaging)  
Undergoing general anesthesia

#### Study Purpose:

To find out how quickly higher cognitive functions (for example memory and working with numbers) return after general anesthesia with sevoflurane

#### Length of participation:

5 visits in a 30 day period and phone call follow-ups for up to 1 year

Compensation and Transportation will be provided.

#### Contact Information:

Call the Anesthesia Research Team at 212-241-0840 with inquiries

Study Principal Investigator: Joshua Mincer, MD, PhD  
Location: Hess Center for Science and Medicine, 1470 Madison Avenue, New York, NY 10029

GCO #13-0359 MSSM;  
IRB approved through 4/28/2018

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BUT SOLELY AS TRUSTEE FOR  
BCAT 2015-13BT, Plaintiff, vs.  
INHO CHOI, ET AL., Defendant(s).  
Pursuant to a Judgment of  
Foreclosure and Sale duly filed  
on October 15, 2018, I, the  
undersigned Referee will sell at  
public auction at the Queens  
County Supreme Court,  
Courtroom 25, 88-11 Sutphin  
Boulevard, Jamaica, NY on  
December 14, 2018 at 10:00 a.m.,  
premises known as 80-20  
Park Lane South, Woodhaven, NY.  
All that certain plot, piece or parcel  
of land, with the buildings and  
improvements thereon erected,  
situate, lying and being in the  
Borough of Queens, County of  
Queens, City and State of New York,  
Block 8851 and Lot 115.  
Approximate amount of judgment  
is \$285,464.30 plus interest and  
costs. Premises will be sold subject  
to provisions of filed Judgment  
Index # 703025/2015.  
Gerald Chiarillo, II, Esq.,  
Referee  
Knuckles, Komosinski &  
Manfro, LLP,  
565 Taxter Road, Suite 590,  
Elmsford, NY 10523,  
Attorneys for Plaintiff  
Cash will not be accepted.

**LEGAL NOTICES**

NOTICE OF FORMATION  
of DCE Property LLC.  
Articles of Org. filed  
with the Secy. Of State  
of New York (SSNY)  
on 09/26/2018. Office  
location: New York County.  
SSNY is designated as  
agent of LLC upon whom  
process against it may be  
served. SNNY shall mail  
process to the LLC c/o  
Dong H. Kim, 252 W. 38th  
Street, Suite 1105, New  
York, NY 10018. Purpose:  
any lawful activity.

NOTICE IS HEREBY GIVEN  
that a license, Number Pending,  
for Restaurant Wine has been  
applied for by the undersigned to  
sell Wine, Beer & Cider at retail in  
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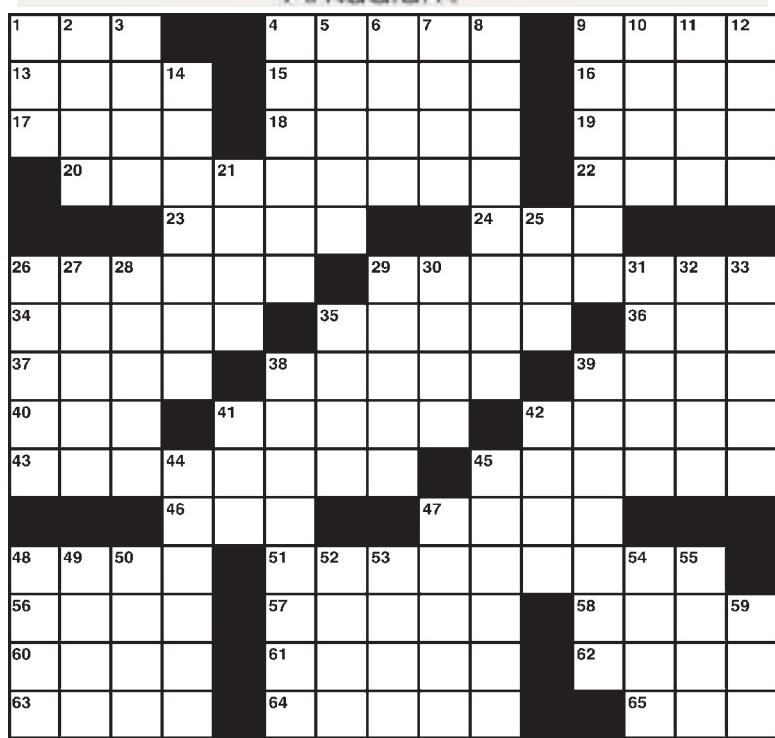
## metro.us/crossword

### ACROSS

- 1 Nickname for Margaret  
4 U.S. state capital  
9 Prefix for enemy or bishop  
13 Wood splinters  
15 Refrain syllables  
16 Place to store fodder  
17 Desire  
18 Downey & others  
19 Sign of an old wound  
20 Mirth  
22 Cedar Rapids' state  
23 Verdi opera  
24 Suffix for baron or host  
26 Drink  
29 \_\_\_ as an arrow  
34 Lunch hours  
35 Gave a pink slip to  
36 Regulation  
37 Sounds from a pigeon coop  
38 Summoned with a beeper  
39 Valley  
40 Gore and his dad  
41 Glow  
42 Serving implement  
43 Carryalls  
45 Most resentful
- 14 Overexerts, as a muscle  
47 Attack and injure  
48 Nocturnal birds  
51 Leaving high and dry  
56 "Phooey!"  
57 Get up  
58 Element whose symbol is Ne  
60 Shabby nightclub  
61 Furniture blemishes  
62 Fence door  
63 Asterisk  
64 Browned bread  
65 Uncooked

### DOWN

- 1 Boxer's foot  
2 Quiz  
3 Cowboy Autry  
4 Take long steps  
5 Fragrance  
6 Kind of duck  
7 Vigorous spirit  
8 Learned well  
9 St. Francis' home  
10 Puerto \_\_\_  
11 Talon  
12 Dance at a bar mitzvah
- 14 Overexerts, as a muscle  
21 BBQ favorites  
25 Melancholy  
26 Peruvian Indians  
27 Money, slangily  
28 Helpful lift  
29 Taurus, Leo, Virgo, etc.  
30 Locust or larch  
31 Air-freshening spray  
32 Corridors  
33 Twitter post  
35 Get an "F"  
38 Game bird  
39 Term of affection  
41 "Be quiet!"  
42 Deafening  
44 Furniture wheel  
45 Most rational  
47 Disguises  
48 Probability  
49 Judge's order  
50 Molten rock  
52 Threesome  
53 Costa \_\_\_  
54 Easy to reach  
55 James Taylor's "You've \_\_\_ Friend"  
59 Just purchased



BY TCA

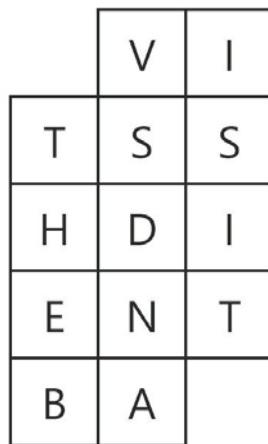
## metro.us/wordsearch



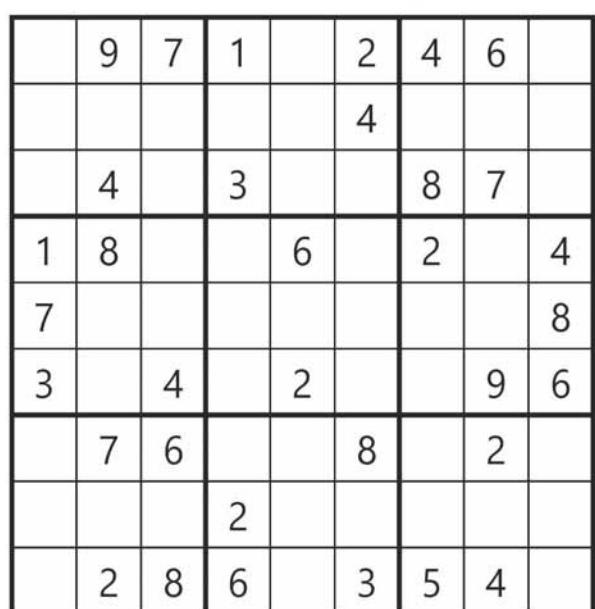
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|---------------|----------------|--------------|
| Black Concert | Metal Osbourne | Rock Sabbath |
| Crazy Crowley | Ozzfest        | Sharon Train |
| Madman        | Ozzy Paranoid  | War Pigs     |

## metro.us/wander

Category: Broadway Musical



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.



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